Claims

What is claimed is:

[c1] An orthopedic appliance, comprising a wedge for placement beneath a toe, having a first upper surface disposed between a first end and an apex, a second upper surface, disposed between the apex and a second end, the first upper surface being separated from a lower planar surface by an angle of inclination between 1 and 60 degrees.

[c2] The orthopedic appliance of claim 1, wherein the angle of inclination is between 1 and 20 degrees.

[c3] The orthopedic appliance of claim 1, wherein the wedge is formed integrally as a part of a piece of footwear.

[c4] The orthopedic appliance of claim 1, wherein the wedge comprises an elastomeric material.

[c5] The orthopedic appliance of claim 1, wherein the wedge comprises a material selected from the group consisting of cork, leather, resilient foam, and thermoplastic material.

[c6] The orthopedic appliance of claim 1, wherein a concave depression is formed in the first and second upper surfaces.

[c7] The orthopedic appliance of claim 1, further comprising at least one fastener.

[c8] The orthopedic appliance of claim 7, wherein at least one fastener comprises a plurality of bands disposed adjacent the first and second upper surfaces.

[c9] The orthopedic appliance of claim 7, wherein the at least one fastener comprises a sheath disposed adjacent the first and second upper surfaces.

[c10] The orthopedic appliance of claim 1, wherein a valgus angled grade, between 1 and 45 degrees, is formed in the second upper surface.

[c11] The orthopedic appliance of claim 10, wherein a valgus angled grade, between 1 and 45 degrees, is formed in the first upper surface.

[c12] The orthopedic appliance of claim 11, wherein a concave depression is formed in the first and second upper surfaces.

[c13] The orthopedic appliance of claim 1, wherein a varus angled grade, between 1 and 45 degrees, is formed in the second upper surface.

[c14] The orthopedic appliance of claim 13, wherein a varus angled grade, between 1 and 45 degrees, is formed in the first upper surface.

[c15] The orthopedic appliance of claim 14, wherein a concave depression is formed in the first and second upper surfaces.

[c16] The orthopedic appliance of claim 1, further comprising a convex contour along a medial edge.

[c17] The orthopedic appliance of claim 16, further comprising a concave contour along a lateral edge.

[c18] The orthopedic appliance of claim 16, further comprising a convex contour along a lateral edge.

[c19] The orthopedic appliance of claim 16, further comprising a serpentine contour along a lateral edge.

[c20] The orthopedic appliance of claim 1, further comprising an angled grade disposed along a lateral edge.

[c21] An apparatus for orthopedic treatment, comprising:

a first upper surface adapted to support a proximal phalanx;

a second upper surface adapted to support a distal phalanx;

a bottom surface; and

a support which maintains the proximal phalanx at an angle of inclination between the first upper surface and the bottom surface.

[c22] The apparatus of claim 21, wherein the angle of inclination is between 1 and 60 degrees.

[c23] The apparatus of claim 21, wherein the angle of inclination is between 1 and 20 degrees.

[c24] The apparatus of claim 21, wherein the support is formed integrally as part of a piece of footwear.

[c25] The apparatus of claim 21, wherein a concave depression is formed in the first and second upper surfaces.

[c26] The apparatus of claim 21, further comprising at least one fastener.

[c27] The apparatus of claim 26, wherein the at least one fastener comprises a plurality of bands disposed adjacent the first and second upper surfaces.

[c28] The apparatus of claim 26, wherein the at least one fastener comprises a sheath disposed adjacent the first and second upper surfaces.

Fig. 32

[c29] The apparatus of claim 21, wherein a valgus angled grade between 1 and 45 degrees is formed in the second upper surface.

Fig. 32

[c30] The apparatus of claim 29, wherein a valgus angled grade between 1 and 45 degrees is formed in the first upper surface.

Fig. 28

[c31] The apparatus of claim 30, wherein a concave depression is formed in the first and second upper surfaces.

Fig. 34

[c32] The apparatus of claim 21, wherein a varus angled grade between 1 and 45 degrees is formed in the second upper surface.

Fig. 34

[c33] The apparatus of claim 32, wherein another varus angled grade between 1 and 45 degrees is formed in the first upper surface.

[c34] The apparatus of claim 33, wherein a concave depression is formed in the first and second upper surfaces.

Fig. 11

[c35] The apparatus of claim 21, wherein a convex contour is formed along a medial edge.

Fig. 12

[c36] The apparatus of claim 35, wherein a concave contour is formed along a lateral edge.

Fig. 13

[c37] The apparatus of claim 35, wherein a convex contour is formed along a lateral edge.

Fig. 14

[c38] The apparatus of claim 35, wherein a serpentine contour is formed along a lateral edge.

Fig. 31

[c39] The apparatus of claim 21, wherein an angled grade is formed along a lateral edge.

[c40] A method for improving stability of a foot during ambulation, comprising:

providing a wedge having a first upper surface, a second upper surface, and a bottom surface; and

elevating a proximal phalanx to a predetermined angle of inclination using the wedge.

[c41] The method of claim 40, wherein the angle of inclination is between approximately 1 and 60 degrees.

[c42] The method of claim 40, wherein the angle of inclination is between approximately 1 and 20 degrees.

[c43] The method of claim 40, further comprising fixing the bottom surface of the wedge to a piece of footwear.

[c44] The method of claim 40, further comprising fixing the wedge to the toe.

[c45] The method of Claim 40, further comprising fixing the wedge to the toe using a plurality of bands.

[c46] The method of claim 40, further comprising fixing the wedge to the toe using a sheath.

[c47] The method of claim 40, further comprising declining a distal phalanx to a predetermined angle of declination along the second upper surface.

[c48] The method of claim 40, further comprising angling the second upper surface in a valgus orientation.

[c49] The method of claim 48, further comprising angling the first upper surface in a valgus orientation.

[c50] The method of claim 49, further comprising forming a concave depression in the first and second upper surfaces.

[c51] The method of claim 49, further comprising fixing the valgus orientation of the upper surfaces between 1 and 45 degrees.

[c52] The method of claim 40, further comprising angling the second upper surface in a varus orientation.

[c53] The method of claim 52, further comprising angling the first upper surface in a varus orientation.

[c54] The method of claim 53, further comprising forming a concave depression in the first and second upper surfaces.

[c55] The method of claim 53, further comprising fixing the varus orientation of the upper surfaces between 1 and 45 degrees.